



## QUAKER® STEEL CUT OATS – 30OZ.

### Claims

**WHOLE GRAIN**

Meets USDA Whole Grain-Rich Criteria

**ALLERGENS**

Not Containing Milk

**PRODUCT CLAIMS**

Kosher

No Artificial Flavors

No Artificial Preservatives

Non GMO Project Verified

### Ingredients

Whole Grain Rolled Oats

### Product Specs

CASE UPC: 10030000565435

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 030000565438

GRAIN OZ. EQ: 1.25 OEG

CASE PACK: 12/30 oz. containers

MEETS USDA WHOLE GRAIN-RICH CRITERIA: Yes

### Nutritional Facts

Servings Per Container: 33

Serving Size: 1/2 c. (40g)

Calories: 150

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	3g	4%
<b>Saturated Fat:</b>	.5g	3%
<b>Trans Fat:</b>	0g	0%
<b>Polyunsaturated Fat:</b>	1g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0 mg	0%
<b>Sodium:</b>	0 mg	0%
<b>Total Carbohydrate:</b>	27g	10%
<b>Dietary Fiber:</b>	4g	13%
<b>Total Sugars:</b>	1g	
<b>Protein:</b>	5g	
<b>Includes 0g Added Sugars:</b>	0g	0%
<b>Vitamin D:</b>	0mcg	0%
<b>Calcium:</b>	20mg	0%
<b>Iron:</b>	1.5mg	8%
<b>Potassium:</b>	150mg	2%
<b>Thiamine:</b>	.2mg	15%
<b>Phosphorus:</b>	130mg	10%
<b>Magnesium:</b>	40mg	10%